



Back-to-School Asthma Checklist



Be sure to plan ahead to make sure your child's asthma stays under control throughout the school year.

For the Doctor's Office:

- ☒ Make an appointment with your child's health care provider. He or she should:
 - Assess asthma control.
 - Update prescriptions if needed, including extra medication to keep at school.
 - Watch or review your child's inhaler technique.
 - Work with you to create an updated asthma action plan.
 - Fill out any medication forms required by the school to have an asthma inhaler, nebulizer or other asthma medication at school.
 - Provide a form that gives permission for your child to carry and self-administer an inhaler, if your child is able to assess symptoms and administer an inhaler on his/her own.

For the School:

- ☒ Provide asthma medications, forms and an asthma action plan to the school and review with the school nurse and child's teachers.
- ☒ Talk with your child's teachers about his/her triggers and things that can be done in the classroom or school to help reduce triggers.
- ☒ Talk with physical education teachers or coaches if exercise is a trigger.

For Your Child:

- ☒ Make sure your child knows:
 - Where his/her medication is kept at school.
 - Who he/she can go to for help.
 - What triggers to avoid.
 - How to administer their inhaler if they keep it with them and who they should notify if they have taken a dose.

Asthma Program
Indiana State Department of Health

For more information, call 1-800-433-0746 or visit www.asthma.in.gov.